

Linguine with Kale, Broccoli, & Mushrooms

serves 6-8

A hearty, robust pasta made with lots of delicious, nutritious vegetables. You can vary the ingredients depending on what you have on hand or what you prefer. Think of this recipe as a guideline.

1 lb. linguine
1/4 c. olive oil
1 1/2 c. onion, 1" chunks
1 tsp. dry sherry
1 lb. portabella mushrooms, 1" slices
1 bunch kale, cut into thin strips
1 bunch broccoli, broken into small florets, blanched for 30 seconds
1 tsp. balsamic vinegar

1/4 c. fresh basil leaves minced or 1 1/2 tsp. dried
1/3 c. toasted pine nuts
1/3 c. Italian black olives, minced
I prefer Saracena
1 tsp. salt
1 tsp. freshly ground black pepper
1/2 tsp. crushed red pepper flakes
3/4 c. pasta cooking water
1/4-1/2 c. fresh grated parmesan

Bring 1 gallon water to boil in a large pot. Add a teaspoon of salt if desired. Meanwhile, heat the oil in a large frying pan on medium high heat. Add the onions and saute' for 10-15 minutes, stirring often. Allow the onion to begin to stick the pan, then drizzle a little bit of the sherry in the pan while stirring. This releases the stuck bits into the sauce and will deeply flavor the finished dish. When the onions are soft and brown, add the mushrooms and saute' for another 5-8 minutes. Add the kale and cook for 5 minutes., stirring occasionally. Add the broccoli, vinegar, basil, pine nuts, olives, salt, pepper, and red pepper. Turn heat to low.

Cook the linguine, scoop out a cupful of the cooking water toward the end of the cooking time, and drain when cooked tender but firm. Add the pasta to the frying pan with the vegetables. Drizzle in the pasta water until the noodles are coated with the sauce. Taste and adjust the seasoning to your liking. Dump into a large shallow bowl and sprinkle the parmesan on top. Pass the pepper mill at the table.

Serve with a crisp salad, crusty bread, olive oil for dipping, your favorite Italian wine, and a decadent chocolate dessert. Kick back and count your blessings for great food and great friends.